

# ADULT FITNESS CLASSES

**THE FITNESS STUDIO WILL BE CLOSED MON., SEPT. 5 TO SUN., SEPT. 11 TO REFURBISH THE HARDWOOD FLOOR**  
 Fall: Mon. Sept 12 to Sun. Nov. 20, 2011. No class Monday, October 10, 2011 (Thanksgiving)  
 Winter 1: Mon. Nov. 21 to Sun. Feb. 5, 2012. No class Saturday, December 24 up to and including Sunday, January 1.  
 Regularly scheduled classes resume the week of January 2, 2012. Check page 12 for holiday Fitness Schedule.

**Cardio Workouts:** A heart pumping workout guaranteed to raise your heart rate and burn calories.

**Strength programs:** Build power and endurance with these strength based programs.

**Tone and Stretch:** These classes focus on core body strength, breathing and balance exercise.

**Low impact:** Cardio classes including walking programs, light weights, strength and flexibility.

Adult Fitness

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|--|--|--|--|--|
| 7-8 am<br><b>Breakfast Boot Camp</b><br>with Judy<br>Fall: 13129<br>Winter 1: 10345                         |  | 7-8 am<br><b>Breakfast Boot Camp</b><br>with Judy<br>Fall: 13130<br>Winter 1: 10346                            |  |  |  |
| 9-10 am<br><b>*Body Blast</b><br>with Rosie<br>Fall: 13038<br>Winter 1: 13040                               | 9-10 am<br><b>*Half 'n Half</b><br>with Mary Ann<br>Fall: 13053<br>Winter 1: 13055                 | 9-10 am<br><b>*Invigorating Intervals</b><br>with Helen<br>Fall: 13066<br>Winter 1: 13067                      | 9-10 am<br><b>*Half 'n Half</b><br>with Mary Ann<br>Fall: 13054<br>Winter 1: 13056                 | 9-10 am<br><b>*Body Blast</b><br>with Rosie<br>Fall: 13037<br>Winter 1: 13039            | 9-10 am<br><b>*All Mixed Up</b><br>with Helena<br>Fall: 13035<br>Winter 1: 13036                 |
| 10-11 am<br><b>Yoga</b><br>with Karen<br>Fall: 13098<br>Winter 1: 13101                                     | 10-11 am<br><b>Rock Bottom</b><br>with Rosie<br>Fall: 13080<br>Winter 1: 13082                     | 10-11 am<br><b>Pilates</b><br>with Mary Ann<br>Fall: 13069<br>Winter 1: 13072                                  | 10-11 am<br><b>Yoga</b><br>with Liz<br>Fall: 13100<br>Winter 1: 13103                              |  | 10-11 am<br><b>Int. Pilates</b><br>with Mary Ann<br>Fall: 13064<br>Winter 1: 13065               |
| <b>NEW</b> 11-11:45 am<br><b>Foam Roller Massage</b><br>with Jill<br>Fall: 13126<br>Winter 1: 13128         |  | 10:15-11:00 am<br><b>Stroller Fit</b><br>with Helen<br>Class held in the Gym<br>Fall: 13083<br>Winter 1: 13084 | <b>Moms in motion</b>  |  | 10:15-11:00 am<br><b>I Ride Inside</b><br>with Helena<br>Note: Winter 1 start<br>Winter 1: 13063 |
| 11-12 noon<br><b>*Walkers Plus!</b><br>with Meta<br>Class held in the Gym<br>Fall: 13092<br>Winter 1: 13093 | 11-12 noon<br><b>*W.O.W.</b><br>Women on<br>Weights<br>with Meta<br>Fall: 13086<br>Winter 1: 13088 | 11-12 noon<br><b>*Walkers Plus!</b><br>with Meta<br>Class held in the Gym<br>Fall: 13095<br>Winter 1: 13094    | 11-12 noon<br><b>*W.O.W.</b><br>Women on<br>Weights<br>with Meta<br>Fall: 13087<br>Winter 1: 13089 |     |  |
| 12:15-12:45 pm<br><b>Pilates Tummy Tuck</b><br>with Mary Ann<br>Fall: 13074<br>Winter 1: 13076              | 12:15-12:45 pm<br><b>Fit in 30</b><br>with Rosie<br>Fall: 13104<br>Winter 1: 13106                 | 12:15-12:45 pm<br><b>Pilates Tummy Tuck</b><br>with Mary Ann<br>Fall: 13075<br>Winter 1: 13077                 | 12:15-12:45 pm<br><b>Fit in 30</b><br>with Rosie<br>Fall: 13105<br>Winter 1: 13106                 |  |  |
| 3:30-4:30 pm<br><b>After School Boot Camp</b><br>with Judy<br>Fall: 13121<br>Winter 1: 13123                |  | 3:30-4:30 pm<br><b>After School Boot Camp</b><br>with Judy<br>Fall: 13122<br>Winter 1: 13124                   |  |  |  |
| 5-6 pm<br><b>Drums in motion</b><br>with Sherry<br>Fall: 13048<br>Winter 1: 13050                           | 5:15-6:00 pm<br><b>*6 Pack Attack</b><br>with Rosie<br>Fall: 13033<br>Winter 1: 13034              |  |  |  |  |
| 6-7 pm<br><b>*Cardio Pump</b><br>with Helena<br>Fall: 13029<br>Winter 1: 13031                              | 6-7 pm<br><b>Pilates</b><br>with Mary Ann<br>Fall: 13068<br>Winter 1: 13071                        | 6-7 pm<br><b>*Cardio Pump</b><br>with Helena<br>Fall: 13030<br>Winter 1: 13032                                 | 6-7 pm<br><b>Pilates</b><br>with Mary Ann<br>Fall: 13070<br>Winter 1: 13073                        | 6-7 pm<br><b>*Friday Nite in motion</b><br>with Helena<br>Fall: 13051<br>Winter 1: 13052 |  |
|   | 7-8:00 pm<br><b>Yoga</b><br>with Jodi<br>Fall: 13099<br>Winter 1: 13102                            | 7-8:00 pm<br><b>Latin Groove</b><br>with Helena<br>Note: Winter 1 start<br>Winter 1: 13096                     | 7:15-8:00 pm<br><b>I Ride Inside</b><br>with Helena<br>Fall: 13059<br>Winter 1: 13062              |  |  |
|   | 7:15-8:00 pm<br><b>I Ride Inside</b><br>with Helena<br>Fall: 13058<br>Winter 1: 13061              |  |  |  |  |

**12 MONTH MEMBER:** Fitness classes listed in this chart are free to 12 month members. Please register at the reception desk.  
**3 OR 6 MONTH MEMBER:** Core Classes\* are included in 3 or 6 month membership. Purchase a Program Card to attend Specialty Classes (see fee schedule).  
**NON-MEMBERS:** Purchase a Program Card for each program or pay single visit fee to attend one class.

**Program Cards expire at the end of each session.**

## FEE SCHEDULE

| Specialty Classes:   | Program Card:<br>10 Classes per session |
|--|---|
| Drums in motion, Latin Groove, all Pilates classes, Rock Bottom, Stroller Fit, Yoga, Breakfast Boot Camp, I Ride Inside, Foam Roller Massage | \$42 + HST                              |
| Pilates Tummy Tuck, Fit in 30  | \$37 + HST                              |